



# PEMBI'S PICKS

A weekly e-newsletter of things to check out, experience, see or do in the City of Pembroke – Feb. 14, 2018

## 1. National Cupcake Day at Pembroke City Hall

The City of Pembroke is holding a [Cupcake Day party](#) for National Cupcake Day for SPCAs & Humane Societies on Monday, Feb. 26 and you're invited!

Our team is baking delicious cupcakes, which you can enjoy! Stop by City Hall (1 Pembroke St. E.) from 9 a.m.-3 p.m. to make your in-person donation and pick up your cupcake (or pupcake!). This is also a great opportunity to purchase your 2018 dog/cat tag at the early-bird price, or get your 2018 Bark Park tag.

## 2. Concerts in Care

Join the residents at [Miramichi Lodge](#) in the Lodge's Community Centre Thursday, Feb. 15 at 1:30 p.m. for the next installment of the Concerts in Care series.

Listen to [Michelle Gott](#) on the harp. The concert is open to the public, and goodwill offerings are welcome to attend.

## 3. Kombucha Workshop at Brimstone & Belladonna

[Wise Wellness](#) invites you to take part in this [workshop](#) at [Brimstone & Belladonna](#) Feb. 17 in Downtown Pembroke if you're interested in learning how to brew your own Kombucha at home.

Learn the history and benefits of kombucha, view a brewing demo, sample some tasty flavoured & fizzy second ferments, leave with handouts/instructions & a complete starter kit. PLUS: the confidence to successfully brew at home!

Follow Brimstone & Belladonna on their social media platforms to stay up to date with the variety of workshops and events they hold!

## 4. Pembroke Symphony Orchestra Performance

This Saturday, Feb. 17, [Pembroke Symphony Orchestra](#) presents [Winter Night](#). This performance is featuring author [Roch Carrier](#), narrating his popular book '[The Hockey Sweater](#)'.

[French](#) and [English](#) presentations available at [Festival Hall](#).

## 5. Music Heals Veterans Fundraiser

Music Heals Veterans is hosting a [fundraising evening](#) of music and great friends Feb. 17 at [Pig & Pint](#), bringing together a solid lineup of talented artists, all for a great cause! Music starts at 7 p.m.

Tickets (\$10) on sale at the Pig & Pint and by contacting [musichealsveterans@gmail.com](mailto:musichealsveterans@gmail.com) or the Music Heals Veterans Canada [Facebook page](#).

## 6. #NetworkIN: Creativity and Collaboration

Join [The City of Pembroke](#), [Downtown Pembroke](#) and [Paperback Events & Consulting](#) Feb. 21 for the third [#NetworkIn young professionals networking night](#). #NetworkIn: Creativity and Collaboration will take place at the fabulous 24 West Lofts in downtown Pembroke and will feature networking and professional development opportunities from 24 West businesses including [Ottawa Valley Studios](#), [AWE Yoga](#), and [Chamber of Secrets Escape Rooms](#). Network, learn, collaborate, and explore at this instalment of #NetworkIN. Tickets are limited. Click [here](#) to purchase.

## 7. Coldest Night of the Year Returns to Pembroke

The Coldest Night of the Year Walk-a-Thon, a nationwide initiative, returns to Pembroke on Feb. 24.

[Family & Children's Services of Renfrew County](#), in partnership with [The Grind Pembroke](#), are hosting the second annual walk to support youth and adult homelessness in Renfrew County. All funds raised will help sustain two services to help those who are homeless or at risk of homelessness – Renfrew County Safe Shelter for Youth and The Grind Emergency Refuge for Adults.

Click [here](#) for more event details.

## 8. Kickboxing Now Available at Pembroke Boxing Club

Learn kickboxing punch and kick techniques as well as actual combinations designed by a certified competitive kickboxing coach and certified personal trainer. From the warm-up, stance, footwork, kickboxing drills and combinations utilizing focus pads and partner training, abs routine and cool down stretches.

Three workshops available at [Pembroke Boxing Club](#):

- [Kids Kickboxing](#)
- [Youth Kickboxing](#)
- [Adult Fitness Kickboxing](#)

## 9. Live Music in Pembroke

Here are some great live music opportunities in the city this week!

- [Disorderly Daughters at Nelson Street Pub](#) - Feb. 16
- [Craig Cardiff at White Pine Yoga](#) - Feb. 17
- [Chicago Blues with The Snyders at Kerry's Place](#) - Feb. 17
- [Lawrence Pringle Fundraiser at Lasso Live](#) - Feb. 18

## 10. Visit the Pembroke Public Library

The [Pembroke Public Library](#) in Downtown Pembroke offers a great variety of programs, supports, special events and services. Stop by this amazing community resource and discover all it has to offer!

*Have information you'd like to see shared in Pemi's Picks? Send it to us by emailing [tourism@pembroke.ca](mailto:tourism@pembroke.ca).*